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CHALLENGES FOR TRUDEAU

Your essential daily news | MONDAY, OCTOBER 26, 2015 High 14°C/Low 8°C Rain

DARRYL DYCK/THE CANADIAN PRESS

HOME SWEET HOME

Whitecaps secure first-round bye, will host first playoff match in semifinals metroSPORTS

Deaths in capsizing

TOFINO

Search for lost passengers goes on well into the night

Emily Jackson
Metro | Vancouver

At least four people are dead after a whale-watching boat with 27 people on board sank off the coast of Tofino on Sunday afternoon, with the search for survivors continuing well into the night.

Lt.-Cmdr Desmond James of the Joint Rescue Co-ordination Centre in Victoria confirmed that four bodies were recovered, but that some passengers were still unaccounted for as of 8 p.m., about four hours after the Leviathan II owned by Jamie's Whaling Station capsized on what was described as a clear day with typical water conditions.

Another four people were transported to hospital, and five more were rewarmed in private homes under the observation of paramedics.

The condition of the remaining 14 passengers was not clear, and no one from Jamie's Whaling Station was able to comment Sunday night.

"Our focus is on our passengers and the crew right now, and we will be providing more information when the time is appropriate," said a woman who answered the office's phone.

Tofino Water Taxi owner Brandon Hilbert was one of many locals who helped with the rescue operation. In an email, he said the boat sank near a popular sea-lion-watching destination called Plover Reefs, an area notorious for big swells when the tide goes out.

WITH FILES FROM THE CANADIAN PRESS

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metro NEWS

Your essential daily news

European leaders meet to discuss solutions to growing refugee crisis. **World**

IN BRIEF

Missing hiker's body found
Search and rescue crews have recovered the body of a 49-year-old man who was last seen Oct. 23, police said Sunday.

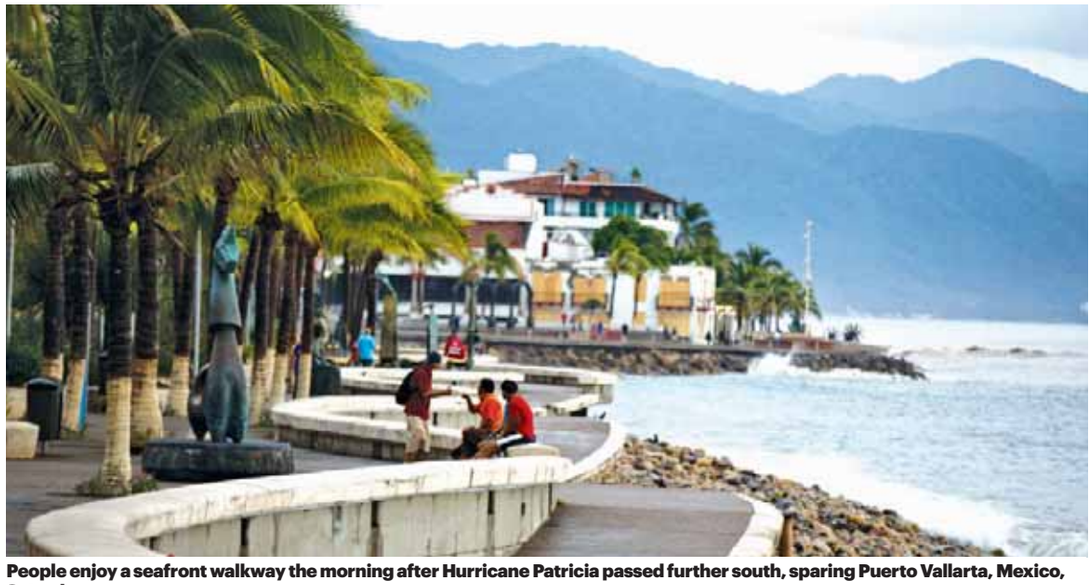
Michael Charles Low was meant to meet with friends on Saturday after returning from an overnight hike near Pemberton.

He told friends he planned to leave late Friday morning to hike to the Keith Flavelle hut near the headwaters of Cerise Creek, spend the night in the hut and return home in time for dinner. However, he never ended up meeting his friends for dinner and attempts to contact his cellphone were unsuccessful. Police found Low's vehicle still parked at the Cerise Creek trail head parking lot on Saturday night. The B.C. Coroners Service will determine the cause of death. METRO

Horse shot with arrow
Nanaimo RCMP say a three-year-old horse is expected to survive after being shot with an arrow on a family farm on Saturday.

According to police, the horse's owner went to feed it on the acreage near the park entrance to Linley Valley when she noticed it was making unusual sounds and breathing heavily. With the animal clearly in pain, a veterinarian was called.

Police conducted a search of the area (a nearby path is frequently used by hikers), but found no arrows or other materials linked to the incident. METRO



People enjoy a seafront walkway the morning after Hurricane Patricia passed further south, sparing Puerto Vallarta, Mexico, Saturday. REBECCA BLACKWELL/THE ASSOCIATED PRESS

Canadians head for the hills in Mexico

PATRICIA

50,000 people evacuated ahead of hurricane

Matt Kieltyka
Metro | Vancouver

A convoy of military trucks heading toward Puerto Vallarta as a wedding party of 26 Canadians fled town served as a gut-wrenching signal for what could have been for one Vancouver man.

With hurricane Patricia heading for land and the country bracing for the worst Friday morning, Chris Mackie — the sales manager at Metro Vancouver, who was in Mexico to attend a wedding with his family — and his party decided to join 50,000 others in evacuating and heading for higher ground.

"We had seen enough of hurricanes and the damage they cause on the news over the last three years, there was no way we were going to stick around," said Mackie, whose group included young children and seniors. "We rounded up some cabs and we bolted to Guadalajara."

By then it was raining heavily, though the Category 5 hurricane — the most powerful ever on record in the Western Hemisphere — had yet to make landfall.

Mackie said passing the caravan of military and civilian aid vehicles, one transporting empty coffins, racing in the opposite direction was a "chilling" experience.

Fortunately, the storm quickly dissipated when it hit land and was downgraded to a tropical storm.

Flooding on Mexico's west coast remained a risk Sunday but the hurricane caused minimal damage and no loss of life, to the relief of all.

WITH FILES FROM THE ASSOCIATED PRESS

RIDE SHARING

Demand strong in B.C.: Uber

Emily Jackson
Metro | Vancouver

Uber claims more than 25,000 people in British Columbia have opened its app in the last month even though the ride-sharing service isn't offered in the province.

Uber released the number as part of an online campaign lobbying local politicians to let the controversial company operate in B.C.

More than 46,000 people have signed a petition urging the government to approve Uber and 1,600 have emailed Premier Christy Clark about the subject, Uber Canada spokeswoman Susie Heath said in an emailed statement Sunday.

Uber is "humbled" by the response that indicates a strong demand for ride sharing, she said.

But the taxi industry is staunchly opposed to Uber, as the company doesn't operate under the same regulations as cabs. Instead it connects passengers with drivers via a smartphone app that uses a cashless payment system.

The City of Vancouver wants to get together with the province and neighbouring municipalities to form a regional plan to deal with Uber.

To operate legally, Uber will need to be licensed by the province's Passenger Transportation Branch.

PRIVACY REPORT

Premier wants all emails to be saved

Premier Christy Clark ordered her cabinet ministers and all political staff Friday to save their emails after a stinging report criticized the government's access to information practices.

Clark's directive comes after Information and Privacy Commissioner Elizabeth Denham said she identified major information failures in the premier's office and two of her government ministries.

"There's been really no change in the way things have been done for a decade," Clark said in a telephone interview from Merritt, B.C. "We welcome the commissioner's report."

In July 2011, Clark posted a YouTube video message about her commitment to open government to British Columbians.

"To me open government is about a different way of communicating," she said. "It's about using all the tools at our disposal to connect the public to government in new and meaningful ways."

> **I thought, we thought, that everything was being done properly.**
> Premier Christy Clark

Clark noted B.C. was the first province in Canada to launch an open data website, opening the government's data to the public.

Denham's report released Thursday highlighted negligent searches for records, a failure to keep adequate e-mail records, a failure to document searches and the wilful destruction of records in response to freedom of information requests.

THE CANADIAN PRESS

IN BRIEF

Driverless SUV crosses Surrey roadway, hits house

A half-dozen people were sent to hospital on the weekend after what police in Surrey are calling a bizarre incident in which a pair of vehicles collided before crashing into two separate homes.

RCMP officer Dale Carr says a black SUV drove into a car at the intersection of 92nd Avenue and 152nd Street and sent it careening into a nearby house around 6 a.m. on Sunday.

The driver and passenger of the SUV exited the vehicle, but failed to put it into park.

Carr says the vehicle rolled unoccupied across the street before striking a pole, which jarred the transmission into drive.

He says it then drove itself back across the roadway and into the front of a neighbouring house.

The occupants of both vehicles were taken to hospital with what Carr describes as minor injuries.

THE CANADIAN PRESS

INSTALLATION STUNNING IN BLUE Blue trees have sprouted up all over Metro Vancouver this month as part of Konstantin Dimopoulos' latest project for the Vancouver Biennale. The eco-friendly installation, seen here at New Westminster's Pier Park on Saturday, is intended to raise social consciousness about the role of trees as the lungs of the world. The final part of the installation we revealed this weekend as 80 blue trees were planted throughout West Vancouver's Park Royal Shopping Centre.

MATT KIELTYKA/METRO

Preaching pedalling

CYCLING

Advocates hope to get more people biking to work

Emily Jackson
Metro | Vancouver

Cycling advocates hope to convince fair-weather bikers that a little rain doesn't hurt during Bike to Work Week.

Hub Cycling is vying to get 5,000 people out of their cars or off transit and onto bikes for a week starting Monday for its semi-annual event that encourages year-round commuting on two wheels. It's enticing them with stations along popular bike routes that give out free coffee, bike repairs and the chance to win $20,000 worth of prizes.

About 3,500 people have signed up to participate thus far, but Hub hopes to break last fall's record of 4,300 cyclists, program manager Laura Jane said Sunday. The spring event tends to be much larger — 10,500 participated in spring 2015 — due to misconceptions about biking in the fall.

"Our falls aren't as wet as a lot of people think," Jane said, encouraging people to grab a raincoat or try cycling on a dry day if they're really reluctant to get wet. "It's not very hard."

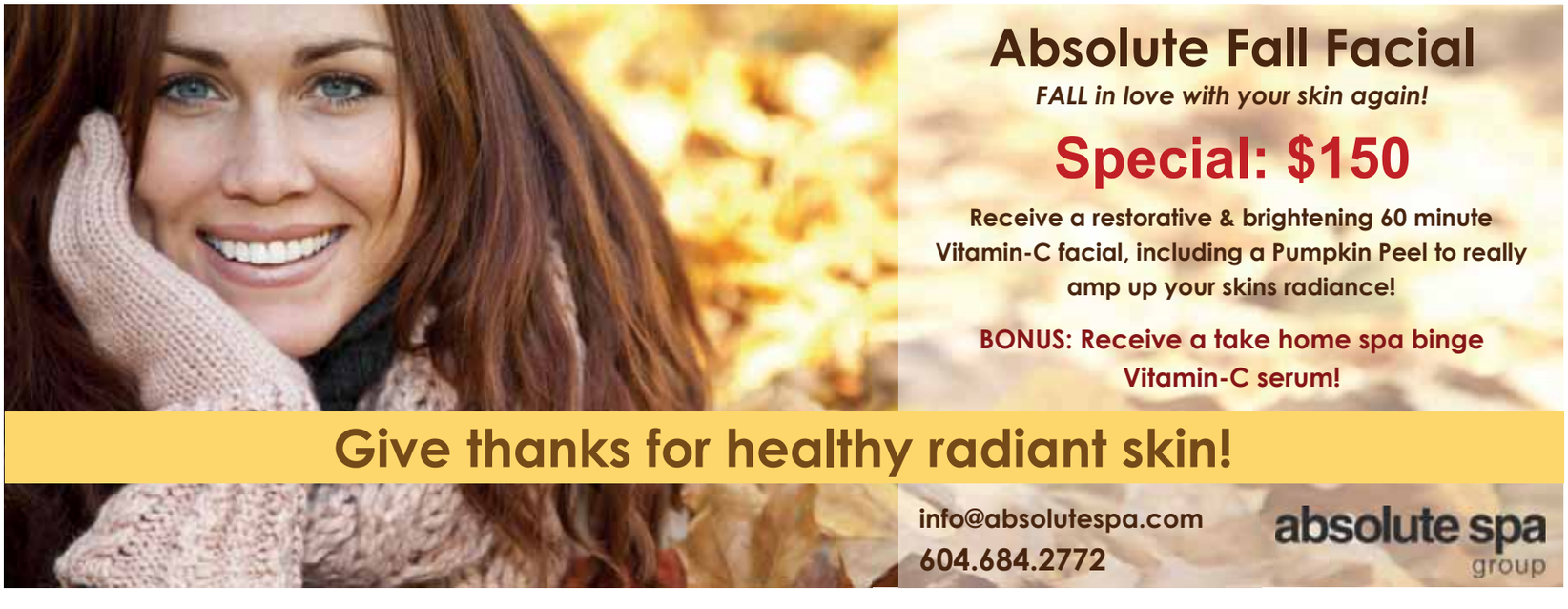
Three-quarters of people who participate in Bike to Work Week keep up cycling at least once a week afterward, Jane said based on previous years.

"It's a huge retention rate," she said, adding that biking tends to be the fastest way to get around for trips fewer than five kilometres. Once people realize how convenient it is, they tend to get hooked, she said. Bike to Work Week is about celebrating these people, too.

"They are really doing a service to society in terms of urban sustainability and our collective health," she said.

Hub has programs to help employers encourage cycling, which can lead to healthier employees who often work at sedentary desk jobs.

For more information, visit bikehub.ca.



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Cabinet history in the works

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise to have gender parity in cabinet.

Michael Woods
Metro | Ottawa

Justin Trudeau made one of his more striking campaign promises on a hot mid-June day when he was still in third place.

"My Liberal cabinet," he said, "will have an equal number of men and women."

The time has come to appoint that cabinet, one of the most important tasks for the prime minister-designate's transition team. If he keeps his promise on Nov. 4, his will be the first Canadian cabinet in history to feature gender parity.

PROMISES TRACKER
PART I
- ☑ GENDER PARITY
- ☐ TAXATION
- ☐ REFUGEES
- ☐ CLIMATE
- ☐ INDIGENOUS WOMEN

"I think it's smart politically, I think it's actually doable and it's a good idea," said University of Ottawa political-science professor Caroline Andrew, director of the school's Centre on Governance.

Choosing a cabinet is a delicate process involving many considerations, including region, language and political experience.

Outgoing prime minister Stephen Harper's final 39-person cabinet included 12 women (about 30 per cent). That was a higher proportion than the overall House of Commons, which had only 25 per cent female members of Parliament.

Trudeau has set the bar higher, which "gives him the opportunity to dig a little bit deeper into his women's caucus," said Nancy Peckford, national spokeswoman for Equal Voice, a multi-partisan organization dedicated to electing more women in Canada.

> **My Liberal cabinet will have an equal number of men and women.**
> Prime minister-designate Justin Trudeau

Fifty Liberal women were elected on Monday, 42 of whom are first-time MPs.

"We think he will have no trouble finding highly-qualified, talented women to fill those posts," Peckford said.

When Trudeau made the announcement in June, some critics said Trudeau should just pick his cabinet regardless of gender and was compromising the possibility of appointing ministers on merit alone.

Peckford said that argument is "bogus, quite frankly."

"This is not a quota. This is a commitment to equality," she said. "We don't buy the argument at all that it will somehow limit his choices any more than any other consideration."

Among some good bets for a spot at the cabinet table: former editor and author Chrystia Freeland, former Assembly of First Nations B.C. regional chief Jody Wilson-Raybould, international trade lawyer and former UN adviser Catherine McKenna, Oxford-educated lawyer Mélanie Joly and former Newfoundland and Labrador cabinet minister Judy Foote.

Peckford said the promise is a positive signal to all 50 women in Trudeau's caucus, regardless of whether they're in cabinet, that he very much wants to value their voices and ensure they are able to make the best contribution possible.

Prime minister-designate Justin Trudeau walks to a news conference from Parliament Hill in Ottawa last Tuesday.
ADRIAN WYLD/THE CANADIAN PRESS

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A LITTLE BIT OF PURPLE

OCTOBER 10TH

#LIGHTUPPURPLE

Crisis spurs EU summit

POLITICS

Leaders lash out over handling of migrant influx

European leaders lashed out Sunday at each other's handling of the continent's greatest immigration crisis since World War II, even as they came together to seek ways to ease the plight of the tens of thousands marching across the Balkans toward the European Union's heartland.

At a hastily-called emergency summit in Brussels, 11 EU and Balkan leaders were especially looking to shore up Greece's porous border with Turkey and slow the flow of people heading north.

"Extraordinary times demand extraordinary measures," German Chancellor Angela Merkel said.

Nearly 250,000 migrants have passed through the Balkans since mid-September. Croatia said 11,500 people crossed into the country Saturday, the highest in a single day since Hungary put up a fence and refugees started coming into Croatia in mid-September.

Slovenian Prime Minister Miro Cerar said his tiny Alpine nation was being overwhelmed by the refugees — with 60,000 arriving in the last 10 days.

He put the challenge in simple terms: if no fresh approach is forthcoming "in the next few days and weeks, I do believe that the European Union and Europe as a whole will start to fall apart."

Many say the EU needs to get control of the refugee flow at the bloc's external border between EU-member Greece and Turkey.

Migration experts, however, say the flood of refugees won't be halted until the world resolves the war in Syria, which is driving millions out of the country.

Greece decried the lack of EU solidarity.

"Till today, it was difficult to find a solution, because a series of countries adopt a stance 'Not in my backyard,"' Greek Prime Minister Alexis Tsipras said

THE ASSOCIATED PRESS

A column of migrants moves through fields in Rigonce, Slovenia, Sunday, after crossing from Croatia. Below: Serbia's Prime Minister Aleksandar Vucic speaks to reporters during an EU summit in Brussels Sunday. DARKO BANDIC/THE ASSOCIATED PRESS; INSET: VIRGINIA MAYO/THE ASSOCIATED PRESS

PROBLEM

No solution in sight to massive migratory trek

Serbian Prime Minister Aleksandar Vucic asked a question that the 28-nation bloc and non-EU nations like Serbia have been unable to answer since the migratory trek started last spring: "What we are going to do with hundreds of thousands of these people?" Half a year later, there is no answer.

THE ASSOCIATED PRESS

IN BRIEF

Death toll rises to 30 in bombing of hospital

The number of people killed when U.S. forces bombed a trauma hospital in northern Afghanistan earlier this month has risen to 30, the international medical charity Doctors Without Borders, which ran the clinic, said on Sunday.

The clinic in Kunduz was bombed by U.S. forces on Oct. 3. Two military inquiries and an Afghan government probe are investigating why the hospital was bombed. THE ASSOCIATED PRESS

Cameras to cover Temple Mount, Kerry says

U.S. Secretary of State John Kerry announced Saturday that surveillance cameras will be installed at the Jerusalem holy site known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary.

More than a month of violence has been fuelled by Palestinian allegations that Israel is trying to change the status quo at the site, which allows non-Muslims to visit but not pray. THE ASSOCIATED PRESS

Copyright regime threatened by deal

TRANS-PACIFIC PARTNERSHIP

Activists look to Trudeau to defend the current system

Prime minister-designate Justin Trudeau, on the campaign trail, criticized the secrecy under which the Trans-Pacific Partnership was negotiated. AFP/GETTY IMAGES

Copyright activists say Canadians could face lawsuits, fines or worse for ripping the latest Justin Bieber CD or uploading an animated GIF of Jose Bautista's bat-flip under a new trade deal, and they're calling on the newly elected Justin Trudeau to act.

A major part of the Trans-Pacific Partnership (TPP) deal finalized Oct. 5 involves harmonizing copyright laws in the 12 Pacific Rim countries — including Canada, the United States, Australia and Japan — that are signatories to the deal. While the final text of the trade agreement has yet to be published, the website Wikileaks released what it claims is the intellectual property chapter of the TPP on Oct. 9.

"Canadians don't realize that the way that they use the Internet every day is going to change dramatically," said Meghan Sali, a spokeswoman for the digital-rights advocacy group OpenMedia.

The Electronic Frontier Foundation, an American advocacy group, has said the TPP threatens to override Canada's copyright regime and promotes the interests of copyright owners and corporations at the expense of the public.

Under Canada's current laws, ISPs and other companies that receive copyright complaints are only required to notify their users about the potential breach, and copyright holders must convince a court if they want the offending content removed.

Sali said the TPP deal could replace this so-called notice-and-notice system with the U.S. notice-and-takedown system, in which content is blocked or removed as soon as the first complaint is made.

"It looks like we're going to be accepting website blocking and Internet censorship through the back door," she said. THE CANADIAN PRESS

SHARING ECONOMY

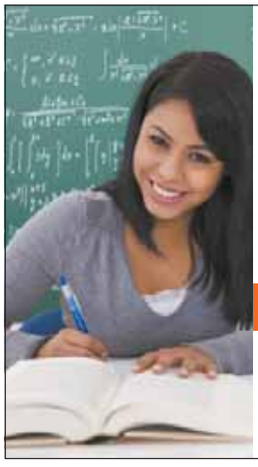
Airbnb battles curbs at home

Travellers worldwide may love using Airbnb to book vacation stays, but the company that revolutionized home-sharing faces a hostile ballot measure in the city where it was founded.

Proposition F on the Nov. 3 San Francisco ballot would limit short-term rentals to 75 days a year and require hosting companies such as Airbnb to yank listings that violate the limit.

The city would be required to notify neighbours when a person registers to host. The measure would enable pricey lawsuit damages against violators, including the hosting platform. Current city law limits unhosted rentals to 90 days. There are no limits on hosted rentals.

Airbnb, by far the largest home-share platform in the city and in the world, has donated $8 million US and counting to defeat the proposed ordinance. It has saturated television with ads, even trying to sway voters last week with a botched billboard campaign reminding people of the hotel taxes its service collects. THE ASSOCIATED PRESS



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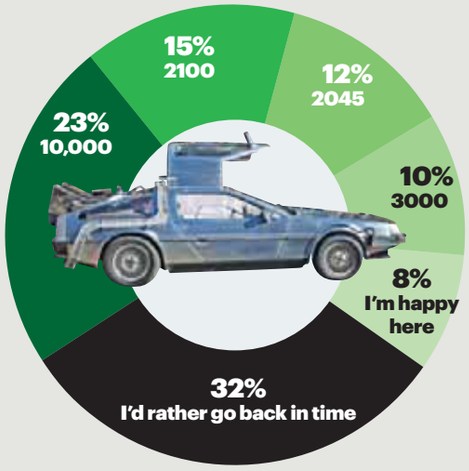
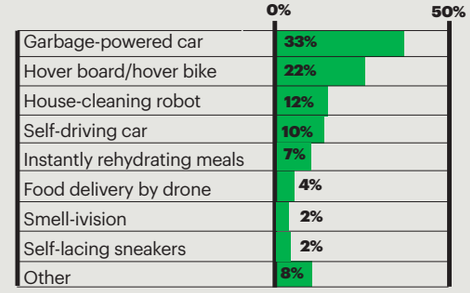
In the Back to the Future movies of the 1980s and 1990s, Marty McFly took his garbage-powered vehicle to 2015, a futuristic landscape of self-lacing sneakers, hover boards and bionic brain implants. We asked our readers if the real 2015 is humdrum by comparison and what era they would like to visit. Thirty years hence, McFly-style? Or even further afield?

1 What year would you like to travel to?



2 What futuristic invention are you still waiting for?



3 If 1985 people travelled to 2015, what do you think they'd be most disappointed about?

29% Terrorism/national-security fears
27% Environmental destruction/climate change
23% Internet culture
8% The music scene
7% Decline of books and print media
2% Doping in sports
4% Other

METRO READERS

There's more at stake in the viaducts debate

CITY HOLLER
Trish Kelly

This week, Vancouver City Council will continue discussing the possible removal of the Georgia and Dunsmuir viaducts. Tuesday and Thursday nights, council chambers will be packed with citizens wanting their five minutes at the speakers' mike.

Last week's batch of speakers raised good points in support, and also cynicism about the staff report which recommends viaduct removal as an opportunity for social housing, more parks and public space.

That report includes a note from acting city manager Sadhu Johnston, co-signed by the soon-to-be retired general manager of planning and development services, Brian Jackson, and Jerry Dobrovolny, who just last week was formally named general manager of engineering services.

The note begins, "The opportunity to remove the viaducts and create a new neighborhood that is connected to many existing neighborhoods is a once in a lifetime opportunity to address many council objectives".

And that sums up perfectly why we are wrestling with the fate of the viaducts right now. It's not that the remnants of Vancouver's stillborn freeway system have reached the end of their life span and we need to scramble to decide what to do next. No, this is not just a utilitarian discussion. It's a debate about legacy and city-making.

There's more at stake than a chance to toot our horn as the greenest city, but given how much of our city is already built out, we won't have many chances to create this scale of green space again.

Given how much of our city is built out, we won't have many chances to create this scale of green space again.

And, we can be hopeful that the new federal government could help us realize the plan's affordable housing goals too.

We could get some more use out of the current viaducts before they start to crumble, or a strong earthquake hits and renders them, and the SkyTrain line that dips under them, useless. But why would we wait until fate forces us to act?

When was the last time we saw a successful plan developed in the nick of time? Let's get the ball rolling now, while we still have the space and capacity to make choices that will make this city even better.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD
metroview

Every year when fall comes calling, I need to eat everything

Maybe your day also started like this.

Breakfast: grapefruit and a pumpkin muffin. Apple for elevenses. Soup for lunch, salad for second lunch, second muffin for afternoon snack, granola bar for early evening snack, a plum, the last coq au vin leftovers for dinner, one-quarter of a bag of Applewood Smoked BBQ potato chips for after-dinner snack and for dessert: six pieces of sea-salted milk chocolate. There might have been a mandarin orange in there, but I can't quite recall.

You can understand why.

Each year, the fall comes along, and I seem to want to eat it. The only acceptable time to not be eating appears to be when I'm asleep.

This time, I stopped to wonder what odd compulsive reflex has come over me. So I looked it up. Turns out some studies have shown that we do indeed consume more calories when the days get darker and colder.

We — not just me — seasonally overeat. The why appears up for debate. Maybe we have a bear-like urge to store calories. Maybe we're sucked into the flavours and gluttony that seem synonymous with the season.

I'm actually not, it turns out, too concerned about the why. Having seen that there is a) a definite human trend here and b) some possible answers, I'm satisfied. Information-ally speaking. And I like both answers.

If it's the first, then it's a function of my biology — and sure, I could exert some extra self-control, but if I don't, I've got company among the masses.

If it's the second, then I'm only responding to the gravitational pull of cinnamon, cumin and red wine, bacon in my stews, extra butter on toast and extra cream in tomato soup.

By drawing me to food, the fall draws me into my kitchen, for hours, half the weekend, the whole weekend, pouring over recipes for Vietnamese lemongrass beef stew, beef bourguignon or a Burmese curry. The sunny, chilly day is best spent strolling in and out of small grocers and butchers and bulk shops, then home again to watch light from the window slowly crawl across the wall.

Stowing away, and letting the hours pass in the many voices coming from the radio and the heat of the oven.

Sinking into food — the creative, aromatic and physical pleasures of making and tasting it — is an autumn gift.

Eat up.

We — not just me — seasonally overeat. The why appears to be up for debate.

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2006	Ford Taurus	$2,888	#6466	2012	Mitsubishi Spyder Convertible	$14,995	#0655
2006	Ford Crown Victoria	$2,995	#5600	2015	Kia Sorento AWD	$22,888	#6564
2004	Ford Expedition	$3,888	#6280	2015	Buick Lacrosse	$26,995	#6559
2007	Chrysler 300 Limited	$6,888	#6529	2015	Hyundai Genesis	$33,995	#6556
2008	Hyundai Sonata GLS	$6,995	#5969	2012	BMW X6	$38,888	#6352
2009	Chevrolet Impala LT	$6,995	#6201	2013	Ford Escape AWD	$19,988	#6594

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metro LIFE
Your essential daily news

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Search for small-town serenity

TREND

Young families are fleeing the city and suburbs for a slower life

Megan Haynes
For Metro Canada

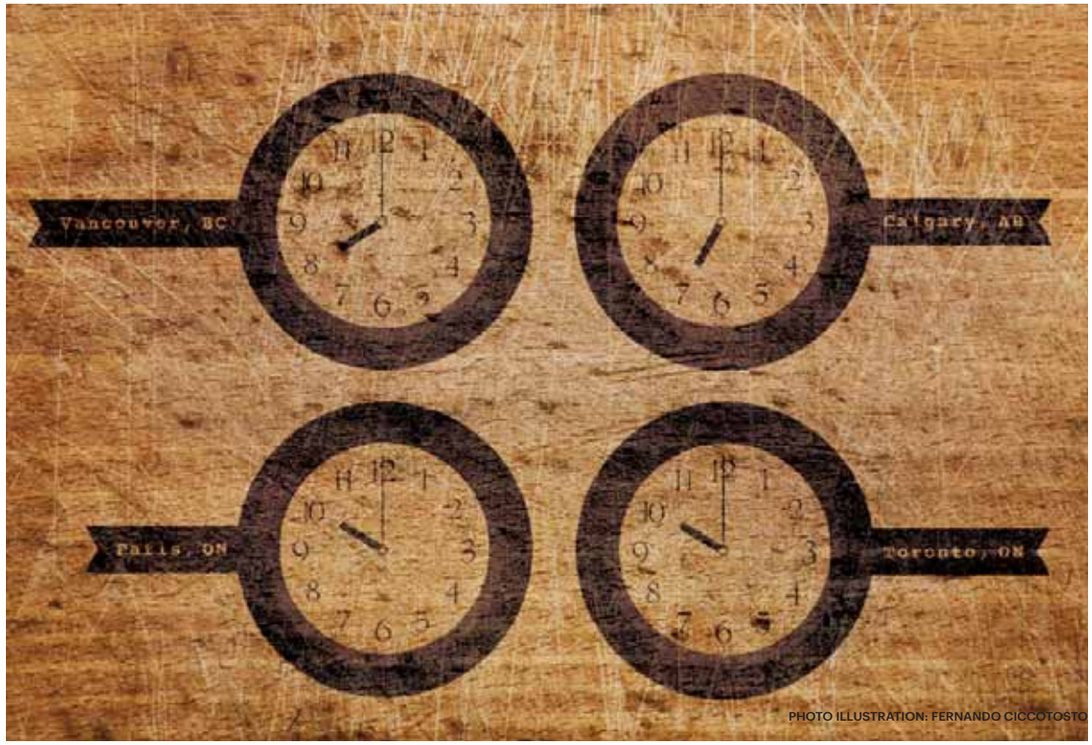

PHOTO ILLUSTRATION: FERNANDO CICCOTOSTO

Cassie McDaniel, 32, and her husband couldn't imagine raising a child in their small Toronto apartment. So when they had a baby, they decided to move. But the pair didn't stop when they hit Etobicoke, Mississauga or even Hamilton. Instead, they opted to buy in the quaint town of Paris, Ont., population 11,000.

It was a bit of an adjustment for the pair, who had to say goodbye to conveniently located ethnic food options and more than a few friends, she says. But McDaniel, design director for Mozilla who works remotely, says they were attracted to the town for its burgeoning art and design community, as well as Paris' picturesque qualities, and since the move, she's met a number of other young people opting to ditch the city for small-town charm.

While conventional wisdom says millennials (those born between 1977 and 1995) want to live in cities, the high cost of housing, increased opportunities to work from home and exported city-like amenities (such as cute coffee shops, fashion houses and hip pubs) are driving some millennials out of the core. Out of the suburbs even. The cohort is increasingly choosing to live in small rural towns, on farms or even in cabins in the woods.

The same things that drove this cohort to the cities is driving them to small rural towns, says Leigh Gallagher, author of The End of the Suburbs. The car-dependent, sterile suburb, where the majority of today's Gen Y grew up, holds little appeal. Today's young adults want to be close to the action, she says. "They want to be steps away to some kind of downtown where you can get your pour-over coffee, see friends or a show," she says. They don't want to be bored, and suburbs are boring."

In cities, that means increased demand, and prices, for homes, which means younger adults are being priced out of the market. A recent study by Angus Reid found 45 per cent 18- to 34-year-olds were seriously considering leaving Toronto because of the high cost of housing.

Going rural is also a rejection of the trend of trying to cram more people than ever in increasingly smaller space, says Gallagher. Today, the average condo is 797 square feet, down from 925 a few years ago, according to RealNet Canada. And that doesn't take into account the bevy of micro condos set to open over the next few years. Millennials are being physically crowded out of the market.

After 11 years in Toronto, Douglas Paton, 35, says he and his wife were "done" with crowded city living. When his wife decided to pursue a career in the wine industry, the pair moved to Summerland, B.C., population 11,250, 25 minutes away from Kelowna. As a writer Paton can work anywhere, and having grown up in a small town, he says the isolation is a welcome change from the throngs of people.

While Summerland doesn't have much in the way of hip, millennial-desirable amenities, the proximity to Kelowna, population 106,710, means he is never left wanting.

That said, while many millennials romanticize this simpler country living, it's not always easy to live in small rural towns.

Driven out of Vancouver due to high housing prices, Serena McCarroll, 40, and her partner moved to Bruno, Sask. to open a small art collective/coffee

RANKINGS

The best small towns

In its annual survey, MoneySense magazine ranks the top places to live in Canada, based on factors like rates of crime, home ownership versus renting, commutes and the quality of arts and culture. Here are the Top 3 small towns (that aren't suburbs of nearby cities).

- Stratford, Ont.: population 32,536.
- Canmore, Alta.: population 12,288
- Comox, B.C.: population 14,328

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shop. But a lack of driver's licence and the uncertainty of business meant McCarroll was often alone while her partner found work outside of the town of 500. While she went in knowing it might be lonely in a new town where nobody knows you, yet everybody does — people were untrusting of strangers and didn't rally behind the art collective/coffee shop concept — McCarroll says she under estimated how isolating it would be.

In the end, she fell into depression before deciding to pursue her masters at Ryerson so she could go "get to the biggest city possible," she says.

While she made a few friends in town, the majority of her new friends came from followers of her blog from big cities, who romanticized the small-town way of life and wanted to learn more.

Back in Paris, on a picture-perfect fall afternoon sitting in the Brown Dog coffee shop along the vibrant tree-lined banks of the Grand River, it's hard not to romanticize a quieter life. Inside, it's bustling, the gourmet food shop owners talk about the uptick in tourists coming for Paris' "famous cheeses," and there's a buzz of excitement over a new co-working and maker space going up in an old mill. Downtown Paris is where the action is.

"(It's) definitely a more slowed down, rural existence, but (these small towns) have the connection (to) and the same amenities as the cities," says Gallagher.

"What I think is lost in the argument (about the end of suburbs) is millennials are perfectly happy being in the right kind of rural area with a cool downtown."

"Sometimes the only man-made sounds are coming from airplanes 50,000 feet overhead
Douglas Paton

Douglas Paton and his wife Krissy Neilsen, pictured above with their daughter Paige, left Toronto to settle in B.C.'s Okanagan wine region. ISTOCK, COURTESY DOUGLAS PATON

OFFICE SPACE

CEOs ditch jargon to connect with workers

"Emails like this are usually riddled with corporate speak so I'm going to give it to you straight," wrote Twitter CEO Jack Dorsey in an all-staff memo delivered early last week — during which he announced that 336 employees would be laid off as part of a company-wide restructuring.

Dorsey said that Twitter's recent and upcoming projects represent "a bold peek into the future," adding that "the world needs a strong Twitter."

He said downsizing was essential to produce a "streamlined road map" for Twitter's brands. When revealing the actual layoffs — in the fourth paragraph of the email — he said Twitter planned to "part ways" with workers whose roles were no longer necessary to achieve the company's vision. It may not be incomprehensible business babble — but it's not straight-shooting, either.

At just under 350 words, Dorsey's email is relatively short compared to other high-profile layoff notices. In the summer of 2014, Microsoft's then-executive vice president of devices and services Stephen Elop made headlines when he sent staff a jargon-padded disaster that buried the crux of his dispatch — that 12,500 jobs were getting cut — under 1,100 words of pseudo-inspirational tech-industry gibberish.

Dorsey's email is more to the point — and more appreciative of his staff's efforts. However, it doesn't so much avoid corporate speak as disguise corporate speak beneath a we're-all-friends-here veneer.

Fading are the days when the big boss sequestered him or herself in their own wing of a soulless office tower. Today's most famous CEOs are average Joes — albeit very, very rich average Joes — who dress casually, give rousing conference talks, and speak to staff like they're buds. So Dorsey's email might represent a new type of boss-talk: one in which the higher-ups soften their emphasis on the bottom line by making employees feel like they're in the inner circle. Sure, you got fired — but who can feel resentful when the boss is such a cool guy?

ELENI DEACON/METRO

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PCTIA NIC

Dissect spending habits to save more

BUDGET

Track where your money goes and see more in pocket

Gail Vaz-Oxlade
For Metro Canada

If you've been keeping track of where your money goes, you may be surprised at how often you buy coffee, gum, a mid-afternoon snack. How about how often you go into shoe stores, tool stores, restaurants for lunch? See what a spending journal does? It makes you aware of where your money is going. (If you haven't started using one yet, all you need is a notebook and pen, and the will.)

Someone smart said, "Insanity is doing the same thing over and over again and expecting different results."

Tired of being financially insane? Ready to make some changes?

If you've been unware about where your money goes for quite some time, it's probably going to take some effort to develop new habits.

Don't get impatient with yourself. Impatience will only distract you from the task at hand. You have, after all, a lot to learn.

You have to:

- Distinguish between "needs" and "wants"
- Communicate with your friends and family about your new awakening and the changes you'll be making
- Recognize the impact marketing and advertising has on you, and resolve not to be influenced
- Create a balanced budget and track your expenses on a daily or weekly basis
- Recognize the importance of saving both for emergencies and for the long term
- Do the hard work it will take to come up with a debt repayment plan and then execute that plan
- Learn to see not only today's immediate needs, but to plan for things you will need and want in the future
- Lead by example: show your children how to take charge of their money so they don't end up making the same mistakes you did
- Be willing to seek help if you feel overwhelmed or become lost along the way.

Change is never easy. Most people hate change. There will be times when you fall off the rails. You'll lose track of a receipt and kick yourself. You'll skip the comparison-shopping because you just didn't have time. Or you'll buy something that's not in your budget because, well, you just did.

You're only human, so you're bound to make mistakes. The key is to right your rocky boat quickly and tack back on track. It is also important — if you want the change to stick — that you be able to identify at least one benefit you'll gain by changing how you deal with your money.

If you can hold that idea front and centre in your mind — if you know what's really important to you — you're much more likely to stick to the new game plan.

For more money advice, visit Gail's website at gailvazoxlade.com

Take a closer look at where your money is going: start a spending journal. ISTOCK

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Carey Price has teamed up with CCM to send thousands of dollars worth of equipment to youth in the area around Williams Lake, B.C.

Caps win to clinch second

MLS

Beating Dynamo means playoff history will be made at BC Place

Cam Tucker
Metro | Vancouver

SUNDAY in Vancouver

3	0
WHITECAPS	DYNAMO

The dates have been set. The opponent is still to be determined. But it's official: The Vancouver Whitecaps will, for the first time in franchise history, host a Major League Soccer playoff game at BC Place Stadium.

The Whitecaps clinched second place in the Western Conference with a 3-0 win over the visiting Houston Dynamo on Sunday. The local club also got some help from other games going on at the exact same time, as Sporting Kansas City defeated the L.A. Galaxy, ensuring Vancouver of a second-place finish and a bye to the conference semi-finals.

The Whitecaps announced they will play the first leg of the semifinal on the road on Nov. 1. Vancouver will host the second leg on Nov. 8. That much has been determined. They'll have to wait until later this week to find out the opposition.

Sunday's game had plenty at stake. And the Whitecaps played with purpose. From the opening kickoff to the final whistle, they were the better team. But the tension mounted after the Whitecaps failed to score in the opening half despite some glorious chances.

Octavio Rivero had a header in the box deflected wide by the outstretched right hand of Houston goalkeeper Joe Willis. Cristian Techera ripped a rising shot off the underside of the cross bar and out.

Different story in the second half. Chances were converted into goals. Kekuta Manneh got the rally started, placing a perfect shot past Willis to open the scoring in the 59th minute. Kendall Waston added the insurance just 13 minutes later and, for good measure, Robert Earnshaw scored in stoppage time just seconds after being brought on as a substitute.

"From the first whistle, we went at them," said head coach Carl Robinson. "I did think at half time, maybe we weren't going to score … but you keep working hard, eventually it comes."

Plagued by late-season injuries, the Whitecaps entered Sunday's game with only one win in their last seven games and only one goal in their last three games. But they rose to the occasion versus the Dynamo.

"Emotions are good at the moment," said Robinson.

Vancouver Whitecaps' Octavio Rivero, left, of Uruguay, knocks down the ball in front of Houston Dynamo's David Horst during the first half on Sunday. DARYLL DYCK/THE CANADIAN PRESS

IN BRIEF

Minnesota coach Flip Saunders dies aged 60

Longtime NBA coach Flip Saunders, who won more than 650 games in nearly two decades and was trying to rebuild the Minnesota Timberwolves as team president, coach and part owner, died Sunday, the team said.

He was 60. Saunders went 654-592 in 17 NBA seasons with the Timberwolves, Detroit Pistons and Washington Wizards.

THE ASSOCIATED PRESS

Hamilton wins U.S. Grand Prix, third F1 Championship

Briton Lewis Hamilton seized on a late mistake by Mercedes teammate Nico Rosberg to win the U.S. Grand Prix and secure his third F1 season championship.

Hamilton overtook Rosberg with eight laps to go Sunday. Hamilton had to beat Rosberg and outscore Ferrari's Sebastian Vettel by nine points to wrap up his second consecutive championship with Mercedes.

THE ASSOCIATED PRESS

Giants lose third straight

The Vancouver Giants have now lost three games in a row after dropping a 3-1 decision to the Prince George Cougars at the Pacific Coliseum on Sunday.

Ty Ronning got the lone Vancouver goal, coming in the third period. The Giants conclude this five-game home stand Wednesday against the Lethbridge Hurricanes.

CAM TUCKER/METRO

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Carter: Donaldson is clear MVP

Josh Donaldson GETTY IMAGES

MLB

Blue Jays' third baseman has had a stellar season

Cam Tucker
Metro | Vancouver

If Joe Carter had his way, Josh Donaldson would be the American League's 2015 most valuable player.

In his first season with the Toronto Blue Jays, acquired from the Oakland Athletics in exchange for Canadian infielder Brett Lawrie, the 29-year-old Donaldson set new individual single-season career highs in hits (184), runs (122), doubles (41), home runs (41) and runs batted in (123), which has him in contention — if not the front-runner ahead of Mike Trout — for MVP recognition.

Speaking to reporters before Joe Carter Day at the Vancouver Giants' Western Hockey League game Sunday, the 1993 World Series hero firmly entrenched himself in Donaldson's corner.

"If he doesn't get the MVP, it's a total injustice to the game," said Carter, listing off the numerous offensive categories in which Donaldson excelled.

> **"Phenomenal year by a guy in his first year in Toronto."**
> Joe Carter

"Phenomenal year by a guy in his first year there in Toronto. So no, 'Bringer of Rain' — he made a believer out of me this year."

Folks in Toronto would likely agree. The MVP chants from fans at Rogers Centre when Donaldson would come to the plate or make a big play in the field, especially through August and September when the Blue Jays were surging through the American League standings, provide sufficient evidence of that.

Donaldson's breakout campaign came as the Blue Jays took the Toronto market by storm, making the playoffs for the first time since 1993. But the 2015 season officially ended Friday for the Blue Jays — dubbed Canada's team, a designation that drew its share of debate — at the hands of the Kansas City Royals.

The Royals defeated the Blue Jays in six games, advancing to the World Series for the second time in as many years.

Trying to force a deciding seventh game, the Blue Jays had two runners in scoring position and one out in the top of the ninth inning of Friday's game, but failed to cash in the tying run.

"A lot of wasted opportunities," said Carter, now a special assistant to Arizona Diamondbacks general manager Dave Stewart.

"You've got to find a way to get those runs in because everything in the playoffs is going to be magnified and those situations right there really cost them the game."

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RECIPE Falafel Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These meatless burgers satisfy even the most devout carnivore.

Ready in
Prep time: 10 minutes
Makes 6-8 burgers

Ingredients
- 2 cups rehydrated garbanzo beans, drained
- 1 small white onion, roughly chopped
- 1/4 cup fresh flat-leaf or curly parsley
- 2 cloves garlic, chopped
- 2 tablespoons flour
- 2 teaspoons ground cumin
- 1 1/2 teaspoons salt
- 1 teaspoon ground coriander
- 1/2 teaspoon chili powder
- 2 tablespoons grape seed oil for cooking

Directions
1. The night before, place beans in a bowl and fill with water until covered by two inches. In the morning, drain, rinse and pat beans dry. Store in the refrigerator.
2. In a food processor, add the beans, onion, parsley, garlic, flour, cumin, salt, coriander and chili powder. Process until a course meal forms.
3. Pour mix into bowl, cover with plastic wrap and set in refrigerator for an hour. Remove and shape into patties.
4. Heat oil in pan over medium heat, add burgers. Fry burgers for 3 minutes on each side until golden brown. Serve with pitas, sliced cucumber and tahini.

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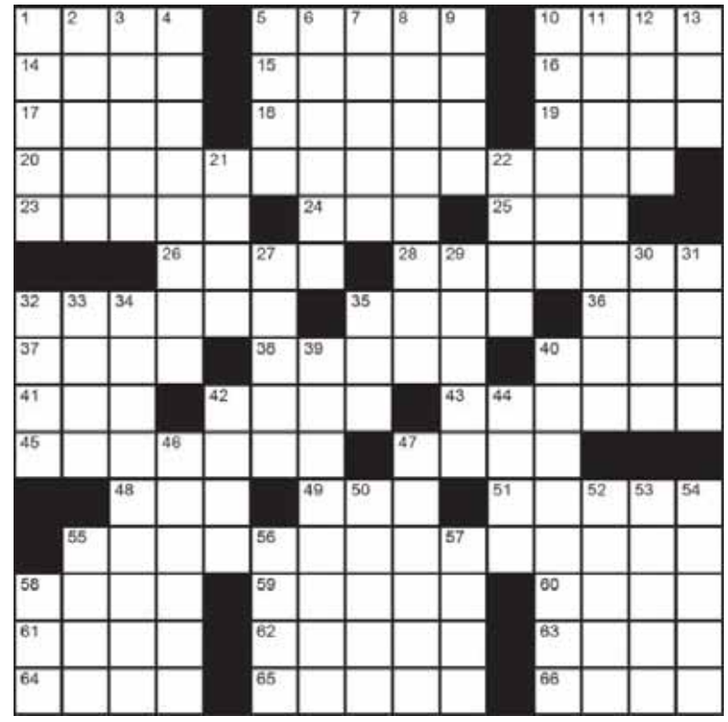
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. __ part (Enviable acting role)
5. Clear the chalk from the board
10. Whirl
14. Smidgen
15. Sea swallows
16. Voice characteristic
17. __ a glass of water
18. Bruce Wayne, to Batman
19. Some trees
20. Location of the Canadian Museum for Human Rights in Winnipeg which is named for the philanthropist/media mogul who envisioned it: 3 wds.
23. Like a pitched abode
24. Progressive rock band
25. Broadcast
26. __-and-haws
28. 'Gateway to the Sea' town in Newfoundland: 2 wds.
32. Triangular stuffed appetizer
35. Handed-down history
36. Record co.
37. Soon, to Shakespeare
38. Ancient philosopher
40. Primary
41. "1-2-3": 1965 hit for __ Barry
42. Faux pas
43. Some drums
45. Ballroom dance
47. Sunflower what?
48. Romanian currency
49. Soak
51. Popular island retreat
55. Neil Young (with Crazy Horse) song: 4 wds.
58. Prefix to 'byte'
59. Record
60. Thickening gum
61. '90s British band
62. Keeners
63. City in Quebec
64. Rosebud, for one
65. __ Dog Night
66. Glasgow gal

DOWN
1. Sort of songbird
2. Slack
3. Driver's reversal
4. Persians vs. Athenians on-the-plain battle site in 490 BC in Greece
5. And others, for short: 2 wds.
6. Conveys a message
7. Surface
8. Photo
9. Existence
10. "Family Guy" character
11. Arctic animal in Churchill, Manitoba: 2 wds.
12. "__ __ Life" by The Beatles
13. Belonging to Omaha's li'l state
21. Contact lenses reasons
22. Unique
27. Syrup sort
29. Happened to happen
30. Marie-Claire's friend
31. Yangs counterparts
32. Angelina Jolie movie
33. Afresh
34. An actor might be asked to perform one in an audition
35. Track circuit
39. Fake-perform the song, variantly
40. Elizabethan vocal piece
42. Surprise
44. Close by
46. Alaska's __ Peninsula
47. Field
50. Sea __ (Furry aquatic animal)
52. Droplet-looking throat part
53. Shows pride
54. Tapestry wall hanging
55. __ pickles
56. Triumph
57. Gaelic
58. Playwright monogram

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be careful how you react to criticism today because if you let rivals see that your feelings are hurt they will take advantage of it. This is still a good time for getting things done. Don't let anyone burst your bubble.

Taurus April 21 - May 21
You may find it hard to treat others as your intellectual equals but pretend you take what they say seriously. And check your facts. The approaching full moon in your sign warns you could make a fool of yourself.

Gemini May 22 - June 21
Do not get discouraged just because there is still a yawning gap between your dreams and your reality. Throw yourself into an activity.

Cancer June 22 - July 23
You won't hesitate to speak your mind but be careful. Tomorrow's full moon warns if you stray too far from the facts you could be the one who is the topic of conversation — and what others say won't be pleasant!

Leo July 24 - Aug. 23
Don't say or do anything that might meet the disapproval of people in power. Believe in yourself and that belief can take you far, but the fact is your rivals are more powerful than you are.

Virgo Aug. 24 - Sept. 23
If you tread on someone's toes the consequences could be painful for both of you. Minor differences could escalate, so avoid slinging insults.

Libra Sept. 24 - Oct. 23
Act as if you care about what is going on around you, even if you don't. Although other people's struggles may not be your struggles you will only get where you want to go if you pretend they are.

Scorpio Oct. 24 - Nov. 22
You are rarely afraid to be controversial but watch out you don't go too far and make an enemy of someone who is more than a match for you. Be careful what you say.

Sagittarius Nov. 23 - Dec. 21
You may be impatient to get things done but take care that in your haste you don't neglect the needs of those you love. Don't turn people against you just because you are in a hurry.

Capricorn Dec. 22 - Jan. 20
You may not be able to do much for yourself as the new week begins but you can help a friend or colleague overcome a problem. In doing so you may even discover why you have been stuck in the doldrums.

Aquarius Jan. 21 - Feb. 19
A change is necessary and although it won't be easy, it must be done. Don't feel bad that others are not as committed to change. In the long-term it will be good for them too.

Pisces Feb. 20 - March 20
The approaching full moon demands that you must be totally honest with yourself about what it is you desire and what it is you will have to do to get it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	9			4	8		7	

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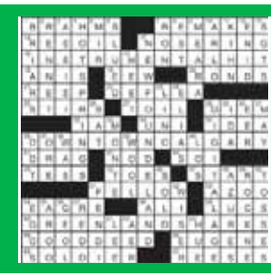

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